

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Psihologija
Course title	Psychology

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 1. stopnja	Zdravstvena nega	2. letnik	4.
Nursing Care / 1st Cycle	Nursing Care	2 nd year	4 th

Vrsta predmeta/Course type

obvezni /obligatory

Univerzitetna koda predmeta/University course code

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
30	/	15	/		30	3

Nosilec predmeta/Lecturer:

RŠ- prof. dr. Zdenka Zalokar Divjak
IŠ – dr. Barbara Horvat Rauter, viš. pred.

Jeziki/
Languages:

Predavanja/Lectures:

slovenski/Slovenian

Vaje/Tutorial:

slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Vpis v drugi letnik.

The prerequisite for participation is enrolment in the second year of study.

Vsebina:

Content (Syllabus outline):

- Psihologija kot teoretična in aplikativna veda.
- Osebnost. Biološka in socialna podlaga psihičnega razvoja posameznika.
- Psihični procesi – mišljenje, čustva, zaznave, motivi.
- Frustracije in konflikti, obrambni mehanizmi.
- Stres in obvladovanje stresa.
- Pojav psihosomatskih motenj in bolezni.
- Psihološka priprava za medicinske postopke in operativne posege.
- Psihološki aspekti bolečine.
- Spremljanje kroničnih bolnikov.

- Psychology as a theoretical and applied science.
- Personality. Biological and social basis of the individual's psychological development.
- Mental processes - thoughts, feelings, perception, motives.
- Frustration and conflicts, defence mechanisms.
- Stress and stress management.
- Emergence of psychosomatic disorders and diseases.
- Psychological preparation for medical procedures and surgeries.

<ul style="list-style-type: none"> - Značilnosti posameznih življenjskih obdobij. - Socialni procesi v zdravstveni negi. - Psihologija skupin in timsko delo. - Komunikacija v zdravstvu (z bolniki, svojci in sodelavci). - Psihologija zdravja, bolezni in bolnika. - Preventiva v zdravstvu. 	<ul style="list-style-type: none"> -Psychological aspects of pain. -Monitoring of chronic patients. -Characteristics of individual life stages. -Social processes in health care. -Groups psychology and teamwork. -Communication in Health Care (with patients, relatives and co-workers). -Psychology of health, illness and the patient. -Prevention in health care.
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Temeljna literatura in viri/Readings:

Temeljna literatura / Basic literature:

1. Musek, J. (2005). *Psihološke dimenzije osebnosti*. Ljubljana: Filozofska fakulteta.
2. Havelka, M. (2002). *Zdravstvena psihologija*. Jastrebarsko: Založba Slap.
3. Rakovec-Felser, Z. (2002). *Zdravstvena psihologija*. Maribor: Visoka zdravstvena šola.
4. Rakovec Felser Z. (2009). *Psihologija telesnega bolnika*. Maribor: Založba Pivec.
5. Payne, S., Waker, J. (2002). *Psihologija v zdravstveni negi*. Ljubljana: Educy.
6. Vesel, J., Kompare, A., Curk, J., Vec, T. (2002). *Psihologija, spoznanja in dileme*. Ljubljana: DZS.

Priporočena literatura/ Recommended literature:

1. Niven, N. (2006). *The Psychology of Nursing Care*. Edinburgh: Palgrave Macmillan.
2. Taylor, S. E. (2006). *Health Psychology*. New York: McGraw Hill.
3. Ogden, J. (2004). *Health Psychology*. New York: Open University Press.
4. Serafino, E.P. (2006). *Health Psychology – Biopsychosocial Interaction*. New York: John Wiley.
- Ule, M. (1992). *Socialna psihologija*. Ljubljana: Znanstveno in publicistično središče.
5. Ule, M. (2003). *Spregledana razmerja*. Maribor: Aristej.

Cilji in kompetence:

Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:

- usvojiti temeljno znanje s področja psihologije,
- poznavanje profesionalne etike, pravne zakonodaje, priznavanje in spoštovanje moralnih in etičnih načel in vrednot ter njihova uporaba pri strokovnem praktičnem delu,
- usposobljenost za avtonomno, holistično, tolerantno, skrbno in občutljivo obravnavo posameznika ali skupine, brez izrekanja sodb ob zagotavljanju/varovanju pravic, zaupanja

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences

- acquiring fundamental knowledge in the field of psychology,
- knowledge of professional ethics, legislation, recognizing and respecting moral and ethical principles, including values and their implementation in practical expertise,
- qualification for autonomic, holistic, tolerant, careful and sensitive treatment of an individual or a group, passing no judgments when ensuring or protecting

<p>in želja različnih posameznikov in skupin,</p> <ul style="list-style-type: none"> - sposobnost vsestranskega in sistematičnega prilagajanja obravnave pacienta glede na relevantne fizikalne, psihične, socialne, kulturne, psihološke, spiritualne in družbene dejavnike, - usposobljenost za spodbujanje pacientov in njihovih svojcev, da izrazijo svoje probleme in skrbi ter primerno odzivanje glede na situacijo, tako emocionalno, socialno, psihološko, spiritualno ali psihično, - usposobljenost za prepoznavanje psihičnih stanj, kot so strah, stres in depresija, dajanje emocionalne podpore ter svetovanje. - razvoj komunikacijskih sposobnosti in spretnosti v strokovnem okolju (domačem in mednarodnem), - prevzemanje odgovornosti za profesionalen razvoj in uporaba evalvacije kot načina za refleksijo in izpopolnjevanje lastnega dela ter povečanje kvalitete uslug na delovnem mestu, - sposobnost spoštovati pacientovo dostojanstvo, zasebnost in zaupnost podatkov, - sposobnost upoštevati psihološke (emocionalne, psihične, osebne) potrebe pacienta, - sposobnost informirati, izobraževati, vzgajati in nadzorovati paciente in njihove družine, - sposobnost za varno dokumentiranje medicinskih in drugih terapij, - usposobljenost za uporabo komunikacijskih in svetovalnih tehnik. 	<p>rights, trusts and desires of various individuals and groups,</p> <ul style="list-style-type: none"> - the ability of a comprehensive and systematic treatment of the patient in relation to the relevant psychological, social, cultural, psychological, spiritual and social factors, - the ability to encourage patients and their relatives to express their problems and concerns, and respond appropriately depending on the situation, emotionally as well as socially, psychologically, spiritually or psychologically. -the ability to identify psychological states such as anxiety, stress and depression, giving emotional support and counselling. -Development of communication skills in the professional environment (local and international), -Taking responsibility for the professional development and learning, improving work through the evaluation, in order to ensure the quality of services, -the ability to respect the patient's dignity, privacy and confidentiality of the data, -the ability to consider psychological (emotional, mental, personal) needs of the patient , -the ability to inform, educate, train and supervise patient and their families, -the ability to safe documentation of medical and other therapies, -the ability to use communication and counselling techniques.
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Predvideni študijski rezultati:

Znanje in razumevanje

Študent/študentka:

- usvoji temeljno znanje s področja psihologije in spozna njen pomen za ohranjanje zdravja,

Intended learning outcomes:

Knowledge and understanding

Students:

- acquire fundamental knowledge in the field of psychology and recognize its importance for the preservation of health,

<ul style="list-style-type: none"> - spozna strukturo, razvoj in motnje osebnosti, - spozna temeljne psihične procese, - usvoji znanje o stresu, izgorevanju, krizah, konfliktnih in se nauči spopadati se z njimi, - se usposobi za delo v skupinah, - se usposobi za komunikacijo z bolniki, s svojci in sodelavci, - spozna psihologijo bolnika in svojcev, - se usposobi za avtonomno, holistično, tolerantno, skrbno in občutljivo obravnavo posameznika ali skupine, - se usposobi za varno dokumentiranje. 	<ul style="list-style-type: none"> -learns the structure, development and personality disorders, -learns basic psychological processes, -acquires knowledge about stress, burnout, crises, conflicts and learn to cope with them, -are trained to work in groups, -are trained to communicate with patients, relatives and colleagues, -understand the psychology of the patient and their relatives, -are trained for an autonomous, holistic, tolerant, careful and sensitive treatment of an individual or group, -be trained to safely documentation.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> - <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), - <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor seminarske naloge (reševanje problemskih situacij, študije primera, kritično presojanje, vrednotenje, diskusija, refleksija, projektno delo, timsko delo, individualno delo). 	<ul style="list-style-type: none"> -<i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), - <i>tutorial</i>: preparation, successful seminar paper presentation (problem solving, case studies, critical evaluation, assessment, discussion, reflection, project work, team work, individual work).
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Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit, • priprava, predstavitev in uspešen zagovor seminarske naloge. <p>Ocenjevalna lestvica: ECTS.</p>	<p>70 %</p> <p>30 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the seminar paper <p>Grading scheme: ECTS.</p>
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